



# Every Day, Holy Day: 365 Days of Teachings and Practices from the Jewish Tradition of Mussar

*Alan Morinis*

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"You shall be holy," teaches the Bible. The masters of the Jewish Mussar tradition have crafted a roadmap to help people approach that lofty goal. Mussar is a system of introspective practices that can help you identify and break through the obstacles to your inherent holiness, using methods that are easy to integrate into daily life.

*Every Day, Holy Day* is an essential companion for anyone who wants to experience the life-changing gifts of Mussar. The program laid out in this book focuses on 26 traits (*middot*)—such as loving-kindness, strength, generosity, compassion, honor, and equanimity—each of which takes center stage for a week of contemplation and exercises, in order to develop and refine that quality in yourself.

Alan Morinis invites you to follow the Mussar path with him for a year. It is remarkably simple, and also remarkably effective in helping you overcome negative tendencies and strengthen positive ones—and to reveal your innate holiness in the process.

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